Coping With Stress

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STRESS

Stress
is a
normal
part of life

STRESS

- Good Stress
- Bad Stress
- Stress & Change

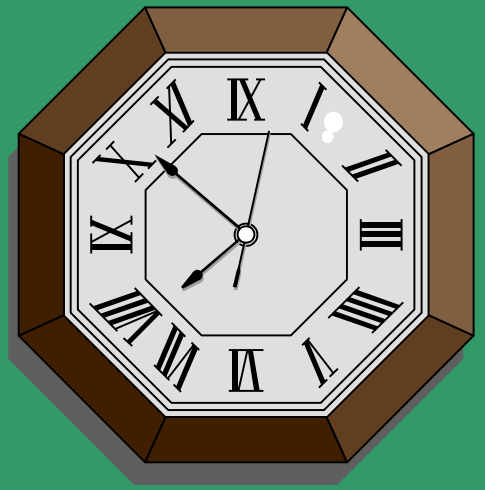
Stress is the spice of life….

Who would enjoy a life of no runs, no hits and no errors?

Hans Selye, M.D.

STRESSORS

- Daily Hassles
- Life Events
- Time

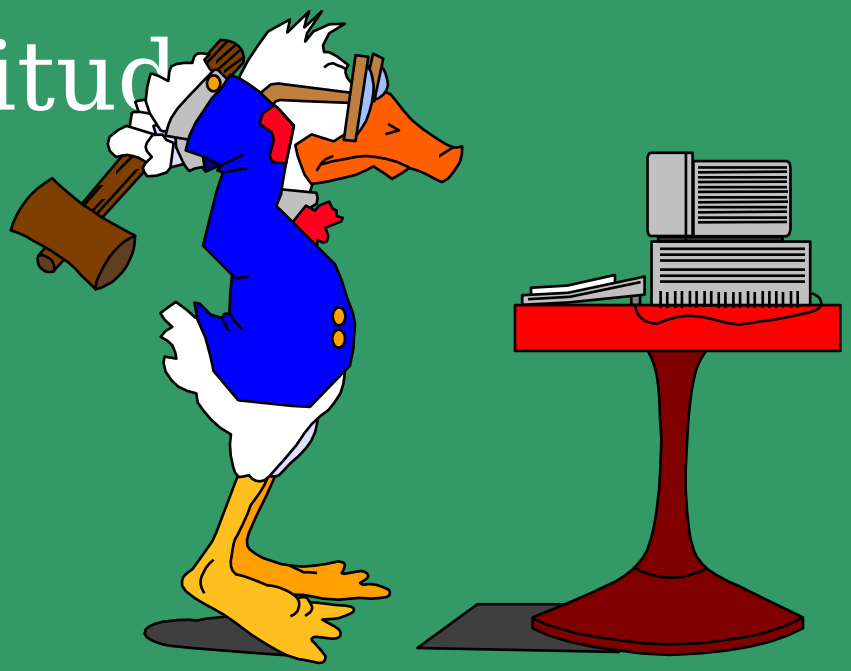


Factors Affecting Stress

- Perspective
- Beliefs
- Coping

Coping with Stress

- Old coping skills
- Assess your attitud
- Worrying



“I have known a great many troubles…

but most of them never happened.”

Mark Twain

COPING SKILLS

- Fly Away!
- Reinterpret

COPING SKILLS

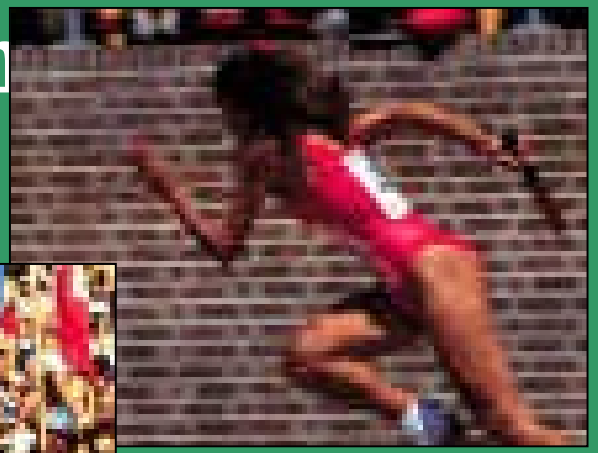
- Positive Self Talk
- Pick your battles
- Relax

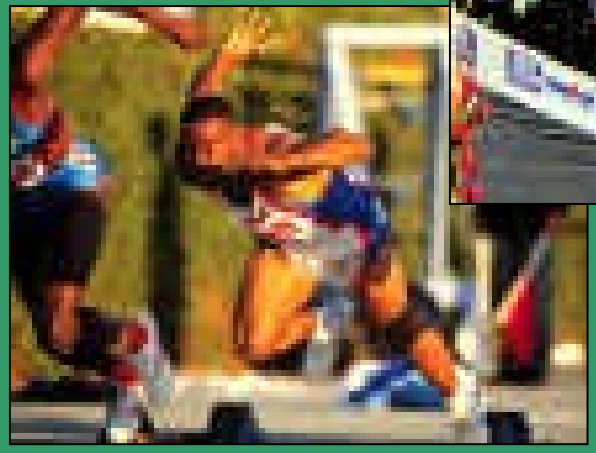
Coping

Skills

Exercise

- Hum





“The difference between a really good day and a really awful day is not found in what happened but in what you tell yourself about that day”

Thomas Whiteman, Sam Verghese & Randy Peterson

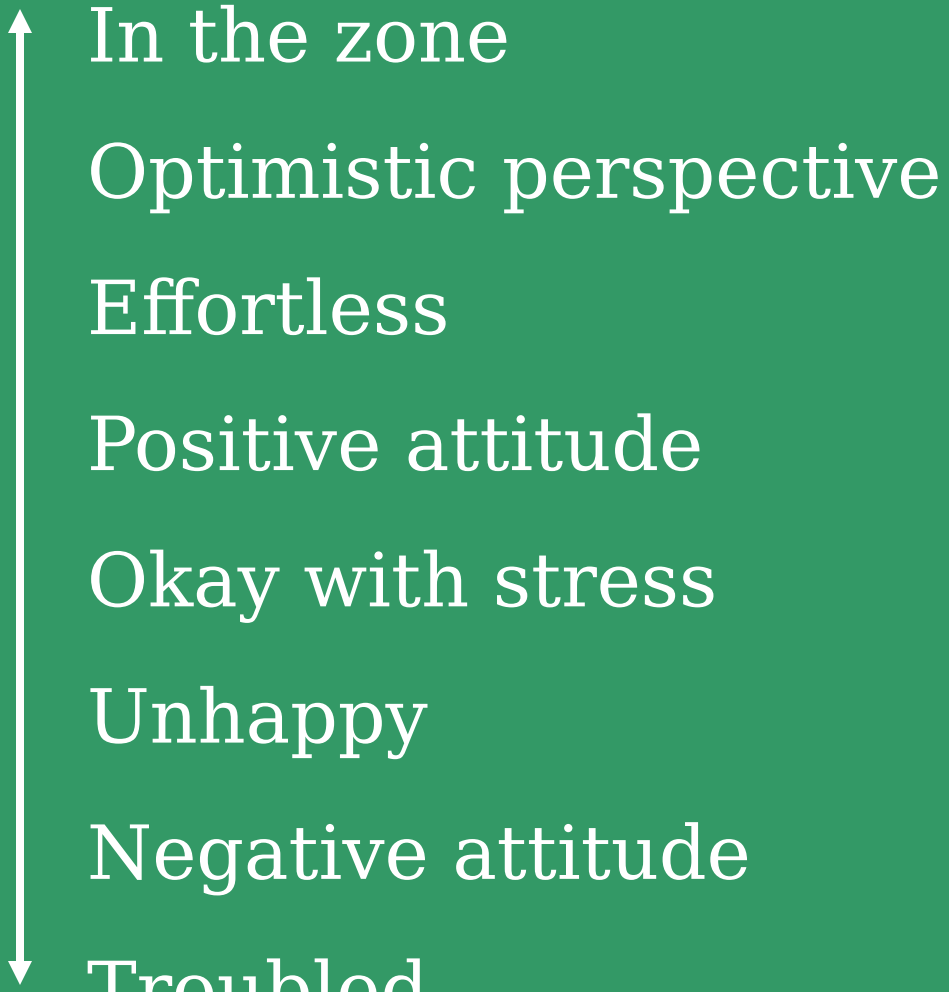
Coping Choices

- Options are endless!
- One size doesn’t always fit!
- Strategies need to be revised!

“We can control our reactions and responses to stress. How we cope with stress is up to us”

Jeff Davidson

Stress Continuum



- Summary -
Coping with Stress

- Takes practice
- Prevention is more effective than reaction
- Learn new skills
- Plan

Stress Resources

- Family Service Center
- Mental Health
- Chaplains
- Health Promotion Program

Thanks to the reviewers and contributors of this presentation!

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